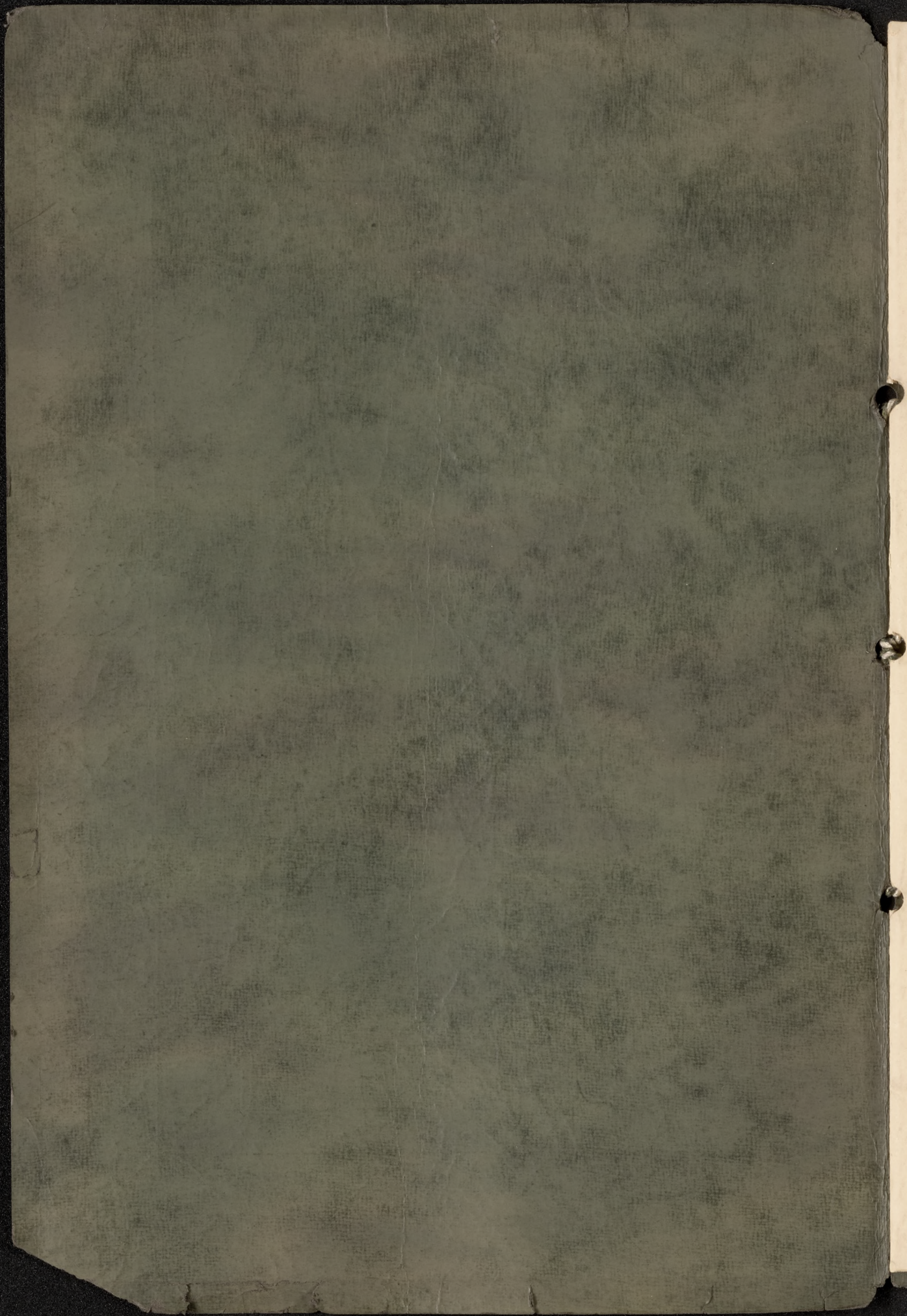


ck



-THE-
CAP AND SEAL

-1921-



*Given to Barbara Mackenzie
by Mrs L. Lordan.*

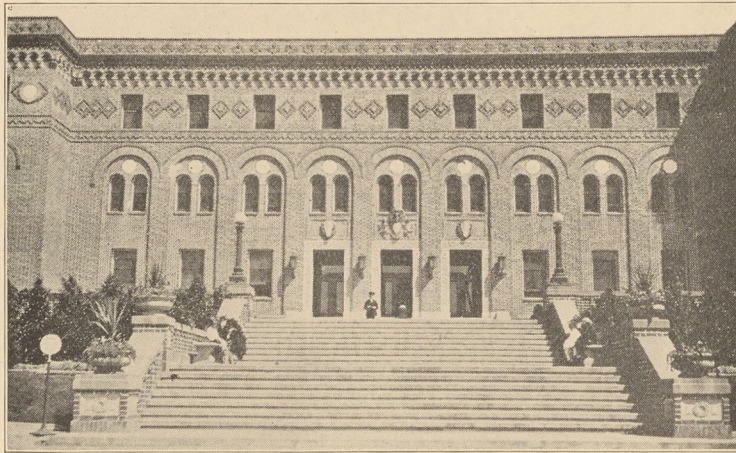
A Record of the Year

JUNE, 1920—JUNE, 1921

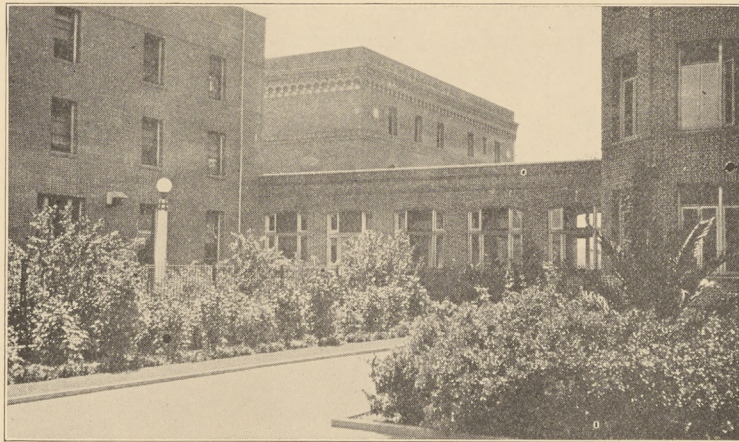
Nineteen Hundred and
Twenty-one



Published by
THE SENIOR CLASS
of
The San Francisco Training School
for Nurses



Entrance to Main Hospital



Gardens Back of Main Hospital

FOREWORD



IN this, the first copy of The Cap and Seal, it has been our utmost aim to consolidate in as few pages as possible a record of the past year—a record that we, who are Seniors now, may keep and cherish more and more as the years go by—which may be referred to in later life as a reminder of the fading memories of our Training School days.

We sincerely hope that our successes may serve as an aid and our mistakes as a warning to the editors who will have in their hands the fates of The Cap and Seal which we hope will follow in the future.



MISS SUSAN G. PARISH
Superintendent of Nurses

We, the 1921 Class dedicate this first issue of

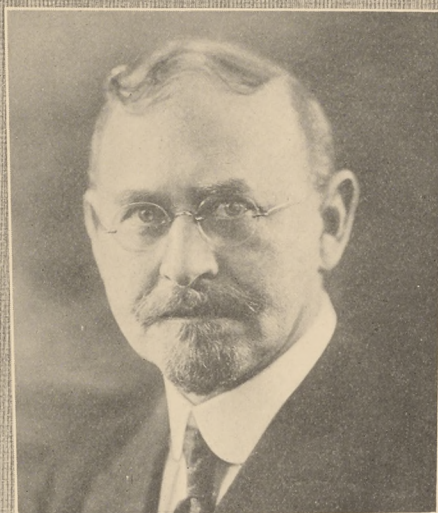
THE CAP AND SEAL

to

MISS SUSAN G. PARISH

our Superintendent

in appreciation of her untiring and unselfish
efforts in developing the Training School
and through whose friendly co-operation this book was made
possible



MISS SUSAN G. PARISH,
Superintendent of Nurses.

MISS CAROLYN A. KNOWLES,
Instructor of Nurses.

DR. WM. C. HASSLER,
Health Officer, Executive Officer
of Hospital.

DR. GUY EDWARD MANNING,
Chairman Hospital Committee.

DR. E. B. FRICK,
Superintendent of Hospital.



EDITORIAL STAFF

MISS MARY V. WILBUR
Assistant Editor

MISS BESSIE WOOLLEY
Assistant Manager

MISS ELEANOR SHARPSTEEN
Editor

MISS DALE TILDEN
Josh Editor

MISS MARIE DILLON
Manager



Future Presidents





EDITORIAL



THE year of the first great influenza epidemic marked our admission to the field of nursing, and because of our experiences during this trying period we have a keen appreciation of the value of the nurse to the community, not only in the work of nursing the sick, but as an educator.

We entered the school with a vague sense of our social obligations and responsibilities, but our contact with suffering and the growing knowledge that it was in our power to relieve and prevent much misery has awakened in us the social consciousness.

We leave our training school with high ideals which we carry out into the world to aid us in our work. We must not forget that the work we are about to engage in will demand our utmost. This, however, must not discourage us, but rather stimulate us to greater effort.

We have the vision of the immense field of usefulness that the profession of nursing offers to well educated and earnest women and it is our cherished desire to take a vital place in this ever-widening field of activity and to place our specialized knowledge at the service of humanity.

In view of the fact that the energies of the medical profession today are directed toward prevention rather than cure, the education of nurses is undergoing the necessary change in order to place the nurse well equipped in this new field.

We can't help but feel that the worst of the influenza epidemic could have been averted had there been more nurses in the educational field at that time, and the public had more knowledge of preventive medicine.

Influenza, however, is not the only preventable disease. People come into our hospitals and clinics every day with some complaint which may be traced to some preventable cause. Many of these conditions could have been avoided had the patients possessed some knowledge of hygiene, sanitation and nutrition.

Today nursing offers opportunities for professional and individual development which should be most alluring to the young woman of education. The time has passed when the nurse is limited to private duty nursing and institutional work; the wider field demands a more comprehensive and scientific preparatory and professional education.

We would call the attention of those who are constantly criticising the "over-educated nurse" to the fact that the individual so characterized is usually an uneducated, improperly trained representative of the profession who neglects her duties in order to impress the public with her superiority.

It shall be the earnest endeavor of the Class of 1921 to apply their knowledge and training to the needs of society.



Rose Arneson

"O wonderful, wonderful and
m o s t wonderful, wonderful,
and yet again wonderful, and
after that out of all whooping."



Alice Talbott

"And her wisdom is sacredly
cherished."



Agnes Johnston

"Many a suitor came to her
door."



Eleanor Sharpsteen

"Those Dragon eyes of an-
gered Eleanor do haunt me
day and night."



Jeannette Russell

"Grace was in all her steps,
heaven in her eye,
In every gesture, dignity and
love."



Esther Sawyer

"My heart is true as steel."



Mary Ferguson

"Work not on the Sabbath
days at all,
But go to see the teams play
ball."



Madelyn Langland

"Thou whose locks outshine
the sun."



Rose Hodson

"There is a garden in her face."



Selma Lee

"For if she will, she will, you
may depend on't;
And if she won't she won't,
and there's an end on't."



Emilie Yucker

"She sat like patience on a
monument."



Frances Shaw

"Black were her eyes as—
the berry that grows on the
thorn by the wayside."



Mable Whipple

"But here I am to speak what
I do know."



Pauline Hamby

"Her modest looks the cot-
tage might adorn."



Marie Dillon

"With thee conversing I forget
all time,
All seasons and their change."



Dale Tilden

"Thou hast no sorrow in thy
song,
No winter in thy year."



Mary Wilbur

"A perfect woman, nobly
planned,
To warm and comfort and
command."



Avis Godfrey

"And still they sat and still
their wonder grew,
That one small head could
carry all he knew."



Stella Heimsoth

"Is she not more than paint-
ing can express,
Or youthful poets fancy when
they love?"



Clara Cook

"No sun upon an Easter day
Is half so fine a sight."



Ethel Gaines

"I have no other than a woman's reason
I think it so because I think it so."

Esther Gustaveson

"All the good laws I have faithfully kept."

Bertha Starrett

"I am sure no man hath any quarrel to me."

Bessie Woolley

"Ever in cheerfulest mood art thou."



Elizabeth Riley

"And on her lips there played
a smile."



Igerna Ferguson

"But to see her was to love
her."



Elanda Eilertsen

"She is pretty to walk with
And witty to talk with
And pleasant, too, to think on."



Josephine Orteiz

"Her eyes were large and full
of light."



Margaret Lake

"Ah! She was fair, exceeding
fair to behold."

Marjorie Tennant

"My youthful travel therein
made me happy."



MR. ARTHUR H. BARENDT,
President Board of Health.



MRS. I. B. KAMMERER
House Mother



Musings—Last Day in Training



By Miss Esther Sawyer

Above the thought of rejoicing
That our course is nearly done,
Comes another wiser reflection
That our work is only begun.

Our lives are all before us
And many the trials we'll find;
But stop to think for a moment
Of the things we leave behind—

We shall miss our Superintendent,
With her grave and kindly face,
And our Mother dear, whose loving care
Made the Home a real home place.

We are going to miss our doctors,
With their clinics and hypos and pills,
And Instructors who have tried so hard
Our ignorant minds to fill.

We are going to find ourselves listening
For emergency calls in the night;
We are going to find ourselves looking
For the ward room's signal light.

We will think of that great, wide corridor,
So long to our tired feet,
But in memory it will vision
Like a straight, ascending street

Which led to the goal we now have reached
By luck and brain and brawn;
And the thought of the struggle is drowned in waves
Of thanks for this day's dawn.

And perhaps—we hope—there be some to tell
That they miss us a little bit, too,
When we pack our belongings sadly
And bid them a last adieu.

But we're going to make them proud of us
When we reach Fame's dizzy height;
This wonderful Class of '21,
Which bids you all Good-Night.

A Brief History of The San Francisco Training School

By M. Adelaide Waterman, R. N.
Editor Pacific Coast Journal of Nursing.



LORENCE NIGHTINGALE, "Lady With the Lamp," was instrumental in founding the School for Nursing at St. Thomas Hospital, London. Two graduates from this school came to America and established Blockley Training School at the Philadelphia General Hospital. From this latter school came two graduates, Miss Ida M. Forsyth, now deceased, and Miss Elise K. Mohl, now Mrs. H. Friedrichs of Berkeley, who, through the initiative of Dr. J. H. Healy, then Superintendent of the Hospital, and of Professor and Mrs. J. G. Lemon, began on August 1, 1891, the organization of the San Francisco Training School at the old City and County Hospital, which occupied the two blocks fronting on Potrero avenue, and which are now part of the site of the present San Francisco Hospital.

The work of these two pioneer women as well as the first class of pupils was in the beginning heroic. Miss Forsyth and Miss Mohl were constantly on duty, going from ward to ward, giving help and encouragement to pupils by day and on call at night. The School owes much to these two women.

Slowly, in the face of much opposition on the part of some members of the medical profession connected with the staff, and from almost all of the



employees and patients, one after the other the wards were taken over by the School until finally the entire nursing of the Hospital was done by the pupils, and the School was an established fact.

Early in 1893 Miss Forsyth resigned, and Miss Mohl continued the work alone, graduating the first and second classes.

In 1893 Miss Robin M. Robinson was made Assistant Superintendent and in 1894 Miss M. A. Waterman became Night Supervisor; both were members of the first class graduated from our School.

In 1895 all three resigned and Miss Mary Patton, also a graduate of Blockley, became Superintendent, remaining several years. She was followed successively by Miss Fredericka Eisel, Miss Mary Strand and Miss Julia Kane, all graduates from our School.

After the great fire of 1906 the old hospital, which had been used to help stamp out bubonic plague, was condemned and burned. Just before this time construction had been commenced upon what is now known as the Infirmary at the Relief Home, which was designed to be the City Hospital, but was not yet ready for occupancy, so the Hospital and Training School were housed in a wooden structure at the Relief Home. This building was accidentally destroyed by fire, taking with it all the records of the School.

Quarters were fitted up in the abandoned stables at the Ingleside race track for the accommodation of the institution, Miss Jessie Greenwood, now of the University of California Hospital Training School, being Superintendent.

While at this location Miss Marion G. Parsons of the Boston City Hospital came from Boston to reorganize the School. She accomplished a fine piece of work in the year she remained.


During this time the city's plans were changed and work was commenced upon the present hospital buildings.

Miss Olive McGinnis of the French Hospital followed Miss Parsons, remaining about a year.


The Hospital and School were again moved to the Infirmary at the Relief Home, which had been completed in the meanwhile with Mrs. Harland and Miss Katherine Flynn, successively, Superintendents.

Finally, in 1915, the establishment was brought back to its old site into its new home and it is devoutly to be hoped that its vicissitudes are over. Miss Flynn was at this time Superintendent of the School, remaining until her marriage, when she was succeeded by Miss Ida Theile, who in turn was succeeded by the present head of the School, Miss Susan G. Parrish, whose long and broad experience promises well for the future of the School.

The Alumnae Association of the San Francisco Training School, an incorporated body, was established on February 15, 1904. Its duty and pleasure is to look after the welfare of not only its members, but all of our graduates as well as the pupils in training. It invites the pupils to come to it for comfort, advice or help, and desires that they shall in their turn become one of us, and go on with the work we have commenced. The Alumnae is affiliated with the San Francisco County Nurses Association, District No. 9, California State Nurses Association.



CLASS HISTORY



URING the year 1918, while the entire world was engaged in the recent war, a great demand arose for trained nurses, both in America and Europe. The campaign made by the Red Cross inspired many women to enter the nursing profession.

In September, 1918, a class of about twenty nurses entered the San Francisco Hospital and began the nursing course. Before the probationary period was finished the influenza epidemic reached San Francisco and preparations were made in the Hospital to accommodate those afflicted. The cases then in the Hospital were discharged or sent to the Relief Home, while the entire Hospital of three thousand beds was used for "flu" victims. The supply of nurses was insufficient for the vast amount of work, but this condition was relieved upon the arrival of one hundred sailors from Mare Island, besides many lay women, nurses' aides and school teachers who were temporarily unemployed because of the epidemic.

By this time many doctors and nurses had contracted the disease and one Senior Nurse, Mrs. Richie, succumbed; while two intermediate nurses, Alice Lawson and Pearl Grace, were forced to resign because of complications from the "flu."

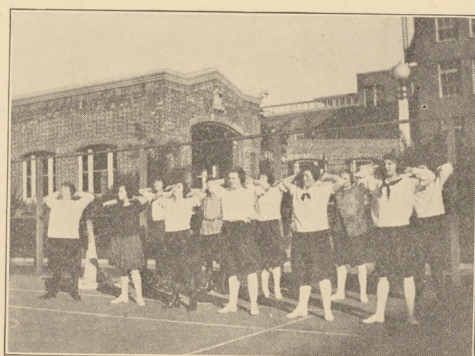
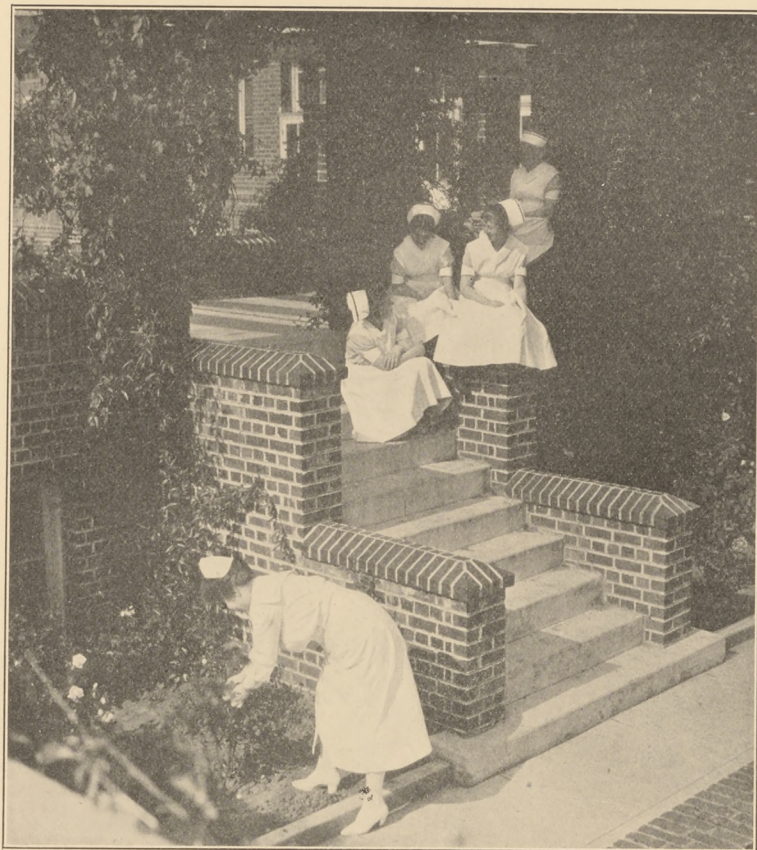
The routine work of the Hospital was entirely upset and the nurses' curriculum abandoned during the epidemic, which condition necessitated an over-crowding of classes during the last two years.

In January, 1919, the class organized, and since that time has held monthly meetings and a social hour. It was in February of this same year we gave our first big dance, much to the amazement of the Senior Nurses.

Because the class is the largest here and has worked together, it is only natural that we have been looked to as leaders; therefore, we have shouldered the responsibilities of the School.

The chief diversions of the nurses are tennis and basket-ball, while hikes and beach parties have always been popular.

And now that we have completed the required course of the State Board curriculum, we are going forth hoping to satisfactorily fill some of the positions open for scientifically trained nurses in Administrative and Public Health work.



Department Notes

THE DIETETIC DEPARTMENT OF THE SAN FRANCISCO HOSPITAL



THE Dietetic Department of the San Francisco Hospital is at present the largest one west of the Rockies. It covers three distinct branches of work, namely, that of the main hospital, the tuberculosis hospital, and all the dining room department. There are three resident dietitians, one chief dietitian and two assistants. There are two student dietitians taking post-graduate work, the course covering a period of from four to six months, so that on an average, six student dietitians are trained each year. Under this staff are waitresses, waiters and pantry help to the number of fifty-five.



MISS GARDNER

MISS STUTT

MISS McSWAIN

During the war the Dietetic Department was recognized by Washington, D. C., for the training of dietitians for Government service.

The work of the dietitians includes supervision of the special diet laboratories and the ward diet kitchens in the main hospital and the tuberculosis department; the management of the main dining rooms for the staff and em-

ployees, and the planning of all the menus for the same; also the planning of the special caloric diets, and training the student dietitians and the student nurses in the special diet laboratory, as well as teaching classes in nutrition and cookery and dietetics, both theoretical and practical.

In the special diet laboratory the students get practical training. Special diets for diseases of metabolism are given the closest scientific attention. They are figured by calories by a dietitian and the food prepared under supervision by the student nurses. The laboratory is operated as follows: Two nurses are on duty here for two months of their training, where they learn to cook the food scientifically, weigh the special diets, prepare specials for post-operative cases, and put up baby formulas. Previous to this time they have had a course of lectures with practical work in nutrition, cookery and dietetics. When their term in the diet laboratory is finished, they should be able to figure by calories, and to plan and prepare any diet for a patient.

The co-operation of the doctors and the hospital staff has been very encouraging and has advanced the cause of dietetics in the San Francisco Hospital.

K. WINIFRED McSWAIN.

ISOLATION



UR Hospital is most fortunate in possessing an Isolation Department directly connected with the School of Nursing. The wards are continuously busy with all types of communicable disease, affording the students excellent opportunities to supplement Doctor Burlingame's comprehensive course of lectures.

Isolation also brings the pupil nurses into closer contact and companionship, so that when the three months term of training is completed we return to the main hospital with a deeper unity and fellowship, which aids materially in our work during the months remaining before graduation.

In conformity with the other departments of the hospital buildings, the wards are well lighted, sunny and pleasant. For this wonderful experience in the nursing of communicable diseases, too much cannot be said. We look forward to it with eager interest and leave it feeling that it has been an indispensable adjunct to our training.

TUBERCULOSIS

The Tuberculosis Department of the San Francisco Hospital is the last word in hospital architecture and equipment. It is surrounded by lovely gardens and lawns, and a general atmosphere of cheerfulness and encouragement prevails.

Here, in these sunny and well-ventilated wards, the patients are given a chance to recover health and happiness. The instruction in occupational therapy plays an important role in keeping convalescents busy and hopeful.

A qualified graduate nurse instructor is employed as teacher and supervisor for prevention and spread of the disease. Her responsibility in this capacity extends to both patients and employees. Each ward is, in addition, supervised by a graduate nurse. An out-patient clinic has also been established during the past year. This has proved most useful in its special examinations and propaganda for care and prevention in the early stages of tuberculosis. The student nurse's education is most fittingly rounded out in this important health work.

SOCIAL SERVICE



MISS CLARA A. SAUNDERS
Social Service

The various social problems which an institution of this kind has always to deal with are in the capable hands of Miss Clara A. Saunders, one of our own graduates whose wide experience and complete knowledge of San Francisco's social agencies has made her an excellent executive for this position.

Complete data on each patient, as to his or her financial state, family and community and home conditions, etc., pass through the Social Service Department. Each case is visited, the home and financial conditions thoroughly investigated, and if relief is needed the patient is referred to one of the various agencies.

It is also the work of this department to arrange for a place at the Relief Home for any incurable case which can no longer be kept in this Hospital, but which still needs some medical attention; or, in the event of the patient having a good home and someone willing to care for him, he is sent home and the pupil nurse in the department keeps in touch with the case and a record of it is made in the department office.

Anything done for a patient is placed on his Social Service admission paper, so that it may be easily referred to at any time.

Every Christmas Miss Saunders has given a big Christmas tree party for the little children in Ward M. A very good program is arranged especially for the kiddies and then Santa Claus brings them all the most wonderful gifts any of them have ever dreamed of. Not only these children enjoy the Social Service Christmas, however. Each patient in the isolation and tuberculosis hospitals is given a trimmed Christmas tree with a gift, and the lepers at the old isolation hospital are given the gifts which they have asked for previously.

At present Miss Saunders has only one pupil nurse as a helper, but we hope to enlarge the department very soon, for the Social Service training is found to be invaluable to a nurse regardless of what branch of the profession she is engaged in.



MISS GOULD JONINON

SURGERY

Our Surgery, under the supervision of Miss Gould Joninon, has two large amphitheaters and six smaller operating rooms. Of course we feel that there are many things about it to distinguish it from other Surgeries, but the most interesting fact to outsiders is the Emergency Room. This room is always set up and ready for any emergency operation so that in a very few minutes from the time an operation is ordered the doctor may begin, no time being lost in sterilizing instruments, opening packages of sterile supplies and setting up the room.

The "off duty hours" are made brighter by sewing bees, beach parties and candy pulls, for Miss Joninon believes that "All work and no play" makes a dull surgery nurse and we all agree with her.

Student Activities.



ATHLETICS



Until a comparatively recent time we did not consider athletics as a very important branch of our education. But with such splendid opportunities as we have here at the San Francisco Hospital for outdoor exercise, two fine tennis courts, a basket-ball court and a small but very well-equipped swimming tank, it is not surprising that many of the nurses find that they have enough energy and enthusiasm left for a certain amount of play after their eight hours of work. For several months we had a very promising basket-ball team, but with the coming of the warmer weather we have turned our thoughts to the more seasonable sports of tennis and swimming.

In addition, hikes and picnics of all kinds are proving very popular. An appropriation was granted by the Board of Health for this purpose, and whenever possible we have availed ourselves of the opportunity to throw dull care aside and enjoy a trip to some of the many beautiful spots within reasonable distance of the city.

On June 2 we are holding open house and inviting the student nurses of many of the hospitals in the city to visit our hospital and participate with us in friendly games of tennis and basket-ball. Our swimming tank will also be in readiness, and we hope for some good competition in the different branches of sport.

ASILOMAR

ASILOMAR. Every now and then you hear the name. What does it mean? I will answer that literally. The word means "Retreat by the Sea." However, to those of us last year's delegation from this and other Training Schools, there is a greater, fuller meaning that spells Inspiration, Good-fellowship and a wholesome recreation that makes for a better Womanhood.

Where is Asilomar? About three miles from the quaint old town of Monterey in a sheltered spot near the ocean. There, among the pines and the sand dunes, is the conference grounds where the Y. W. C. A. entertains students from the various universities, normal schools, colleges and schools of nursing.

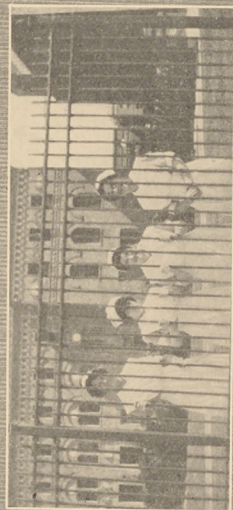
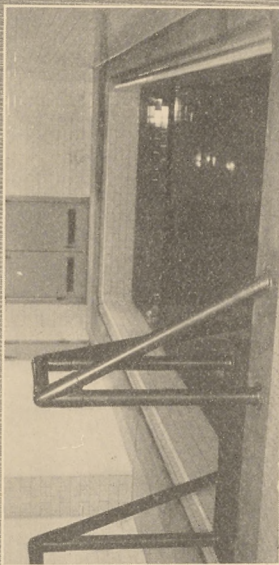
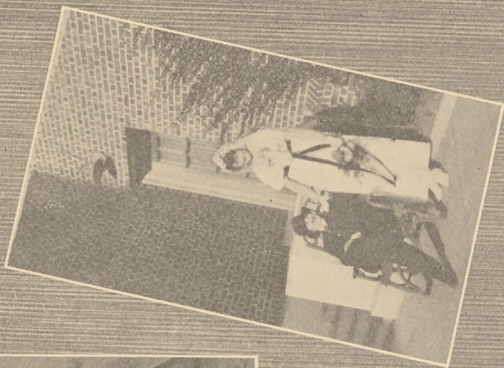
It was in the early summer of 1920 when the Y. W. C. A., through Miss Ruth Heyneman, Student Secretary for Professional Women, invited the student nurses of the various San Francisco hospitals, including our own, to join the happy family. This marked the beginning of "Y" activities, with the birth of the "Asilomar Clan" and the creation of an inter-hospital spirit that has not been known before. Happily, our Training School has a growing representation and during the past year accomplishments have been made that hold many promises. At the present time a large number of nurses are looking forward to a visit to the inspirational playgrounds, and we who have been there are anticipating the renewal of delightful acquaintances. As this goes to press, the "Asilomar Clan" is doing its small bit in the campaign that offers young women world-wide opportunity—the nursing field.

C. B. T.

SENIOR BANQUET

One of the gayest and happiest times in the history of the 1921 Class was the banquet at Marquard's followed by a theatre party at the Orpheum and chaparoned by Miss Parish. There wasn't a dull moment during the evening and it was looked upon as such a success by the rest of the training school that some of the probationers were overheard planning their Senior banquet in 1924.





HERE—

Training Tolls the Knell of Parting Ways



E, the graduating class of the San Francisco Hospital, in the year of 1921, being of sound mind, do hereby make and sign with seal thereof our last will and testament. As we go forth into the world, we deem it fitting that our followers of the class of 1922 should inherit at their birth into seniority the great responsibility toward duty and our Training School, including organizations, dramatics, class work and graduation week.

As a body, we leave our reputation to the Intermediate class. Cherish and guard it carefully.

And I, Marie Dillon, leave my political position to Mable Maupin, who is capable of handling it; my social position to Mrs. Haley.

I, Clara Cook, leave my ravishing beauty to Miss Soutter.

I, Francis Shaw, leave my purity of speech to A. B. Chase.

I, Josephine Ortezt, leave my name only.

We, Bess Riley and Stella Heimsoth, are leaving together and will take everything with us.

I, Dainty Lake, leave my curly locks and winning smile to Olga Holmberg.

I, Alice Talbott, have left my moral lessons in every ward.

I, Madelyn Langland, leave my example of efficiency.

I, Dale Tilden, leave my josh box with Mickie McKenna; she appreciates a joke.

I, Esther Sawyer, leave my avoirdupois to L. Kastens.

I, Avis Godfrey, leave my empty room on the third floor.

I, Agnes Johnston, leave my appendix.

I, Bess Woolley, leave the boys, "God bless 'em."

I, Mary Wilbur, leave the kitchen. (Some one else may now be able to get in.)

I, Jean Russell, leave gracefully.

I, Ethel Gaines, have already left my turbinates and septum.

I, Eleanor Sharpsteen, leave my poor little room-mate.

I, Rose Hodson, have left a few of my roses in the nurses' garden, but the secret of their transplantation to my cheeks, I am taking with me.

I, Marjorie Tennant, am leaving the tennis court.

I, Bertha Starrett, am leaving satisfied with myself, as usual.

I, Emilie Yucker, am leaving my thrifty nature to Norma Schell; may she make good use of it.

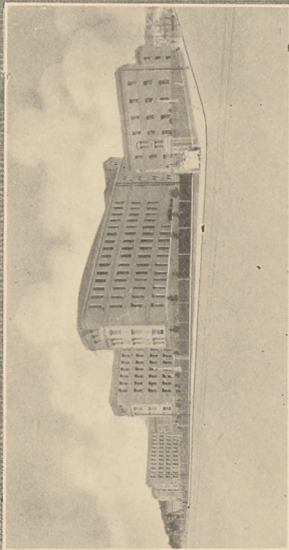
I, Igera Ferguson, leave good will wherever I go.

We, Esther Gustavson and Selma Lee, leave our coffee percolator, as it is worn out anyway.

I, Mable Whipple, leave my irreproachable conduct to A. Boysen.

I, Polly Hamby, leave my optimistic nature to Miss True.

We, the Class of Nineteen Hundred and Twenty-One, do hereby declare this document legal and lawfully sealed, this tenth day of June of the year Nineteen Hundred and Twenty-One.



AND THERE—

DON'TS FOR PROBS

1—To begin with, DON'T stub your toe on Miss Parish's carpet, you'll see enough of it without rubbing your nose on it.

2—DON'T take the elevator to the Nurses Home, it won't work; the escalators are out of order too. DO as we have done, climb up the stairs and reach success that way.

3—DON'T come in later than 10 P. M.—it's being done, but not by Probs.

4—DON'T crab if you haven't a front room, we have back rooms too. Only Graduates are allowed front rooms. That's one good reason to Graduate.

5—DON'T neglect to take Drugs and Solutions while still a Prob, it's much easier and entirely fitting for Probs to flunk it, besides it is rather embarrassing to flunk it in the Prob class when you have reached the Senior pedestal.

6—If you are a Prob with high heels and blond hair, naturalize the hair and reduce the heels; if a Prob with exaggerated ear puffs, reduce the puffs, and if by any chance all three are present, reduce yourself to ZERO.

7—DON'T be noisy or talk unduly to internes, they never pay any attention.

8—When an interne tries to talk to you, don't listen—its the shallow stream that babbles.

9—DON'T swipe flowers from APPELL, ask him; but on the other hand never ask the night Supt. or Frank for eats—Swipe them.

10—If an interne should by any chance ask you to go out with him, DON'T do it, you can rest assured that every Senior nurse has turned him down before he came to you.

11—DON'T mistake laziness for patience, in the sea of life, learn to swim, don't be content to float.

12—DON'T allow the telephone in the Nurses Home to ring while you placidly sit and listen to it. What do you suppose Probs are for if not to answer phone calls?

13—DON'T eat all the special diets; perhaps you don't know that the Senior nurse in the Diet Kitchen makes them up. She always knows by your size if you are indulging in diabetic specialties. These Senior nurses have been known to add unknown ingredients to the diets which might have been the cause of the illness of several guilty Probs.

14—As a rule in vaccinations the arm is exposed, a few exceptions may be made with the slender and graceful. DON'T try to be an exception.

15—Now we, as graduating Seniors, realize the pitfalls to which you must come. Because it is popular to have tonsillitis, appendicitis, pharyngitis or gastritis DON'T you follow the common throng, show your individuality and be healthy.

As women who know, we earnestly beseech you to FOLLOW THE ABOVE ADVICE.

ALUMNAE NOTES

1916 Mabel Keegan is nursing at the United States Immigrant Station, Angel Island.

Margaret Hall is working in a hospital in Pacific Grove.

1917 Lura Collins is doing private nursing in San Francisco.

Lois Leeper recently left our midst to investigate nursing conditions in Los Angeles.

Grace Burris is doing private nursing in Phoenix, Arizona.

Mrs. Adrian Buckley (Edna Shaw) is a happy mother and is residing at 432 Balboa street.

Mrs. William Riley (Anna Hurley) is the proud mother of a lovely baby girl. Mrs. Riley and her husband, Dr. W. Riley, are living in San Francisco.

Irene MacDowell ("Mac") is living at home with her mother in Ireland. We are wondering if Miss MacDowell is as tumultuous as some of those stirring days in Ward R.

1918 Mrs. P. J. Calvi (Florence Rossi) is residing with her husband at home.

Hazel Seigel, who has been ill for some time, is improving at Arroyo Sanitarium. We all hope Hazel will soon join us in our professional pursuits.

Ethel Cope, who has been away from her Alma Mater for a period of two years, has returned with a very satisfactory report of her accomplishments. At present she is night superintendent at the tuberculosis hospital and is attending summer school at the University of California. Some day Miss Cope is going to desert us and become an M. D. Just now she is wearing a large diamond on the right hand, right for better or worse.

Mildred Scott is supervising Ward E, San Francisco Hospital.

Aileen Walsh is doing private nursing in Seattle.

Mrs. P. Pettingil (Marian Campodonico), a bride of last year, is at home in San Francisco.

1919 Beatrice McKay is doing special nursing in San Jose.

Marie Dessell is associated with "Bea." It seems, according to reports, they have monopolized the private nursing in San Jose.

Mrs. J. Jewell (Dot Waddington) is at home with her young daughter and her husband in Sacramento.

Ernestine Schwab is superintendent of the Sonoma County Hospital. "Teenie" has recently returned from a trip to New York. Incidentally, Miss Schwab says nursing in New York isn't a bit homelike. She is very loyal to California.

Miss I. Schonitzer is assisting Miss Schwab in managing the Sonoma County Hospital, and during hours "off" she is running the surgery.

Lillian Wright is married and living in Watsonville, Cal.

Lila Mahan is first assistant in the surgery at the San Francisco Hospital.

Mrs. Sweet (Lotta Carmichael) is at home in Oakland. Lotta's husband is a promising young dentist.

Onnie King is seeing that a good condition exists in Ward A. She is looking after Dr. Wiel's pet ward.

1920 Olga Ahlman is house nurse at the Fairmont Hotel.

Clair Shields and "Joe" Faber are doing private nursing in Palo Alto.

Effervescing Extracts From Letters Home

Dear Mother:—I have arrived at last after series of hair-raising events. Tired doesn't express my present condition, but I can't go to bed because my temporary room-mate is a Senior who seems addicted to entertaining. I tried meekly crawling into bed, but the conversation became pathological so I came down here to the library to write to you.

Next day:—Well at last I have seen a nurse's life at close view. I seem to be the first of my class to have arrived and so have to suffer alone. First, I must tell you what I am. I am nothing. It seems that a cap is the Open Sesame to everything connected with the school.

On arriving at the ward this morning, a rather awe-inspiring white-clad nurse greeted me with, "Ah, a new probationer, and I just got the orderly broken in. Well"—and with that she handed me a basin of water and a rag and told me to scrub the stands. I looked madly about for the object in question, feeling less important all the time, when my orbs happened to fall on some stands in a room where medicines, etc., were kept. Joyfully I pounced upon them and scrubbed away with a will, only to be rebuked harshly by another nurse. The stands, it seems, are things placed by each patient's bed, on and in which (if not detected) they keep everything from dirty socks to orange peels.

The chiefs here aren't Indians. No, they are imposing looking doctors, who create a great deal of excitement upon their arrival. No one must speak in their presence. There is where I made my first fatal mistake.

Mother dear:—Have just received my cap. Oh, you can't imagine the utter joy one feels in this place going about with a covered head. You are no longer the despised "prob," but treated with respect by everyone from the porters to the chiefs.

Dearest Mother:—Well, here I am at Isolation and must stay for three months. It is a nice change. We have an awfully cute nurses' home and everyone eats in the same dining room. The graduates sit at one table and "pan" the pupil nurses, while we sit at another table and "pan" them. This is made more interesting by the fact that both parties can overhear each other perfectly.

A nurse goes out with the ambulance on calls, too. Last night we went miles and miles and then landed in a place on the edge of nowhere. When the house was finally located we found most of the family ill, so had a merry time getting them all back to the hospital.

Dear Folks:—Have just finished my first day in surgery. I was in a daze most of time, although my work is very limited. First thing, I bumped into a big chief surgeon and spilled a big bottle of iodine all over him. I disturbed his routine of thought somewhat and my equilibrium was all shot to pieces. Before recovering myself I was sent with a forcep to pick sponges up from the floor of the operating room. I seemed so useless standing there and prayed that the nurses or doctors would miss the bucket they were throwing sponges into, but they hit it every time.

My Darling Family:—Can it be possible that three years have passed and I am about to graduate? I can hardly realize it. Yet in three days I will be home with you all. I am not the same girl who left you, however. These three years of constant contact with suffering has matured me greatly. You will be surprised to know that I have dedicated my life to suffering humanity.

P. S.—Tell Fred Jones I'm coming. I wonder if he still loves me.

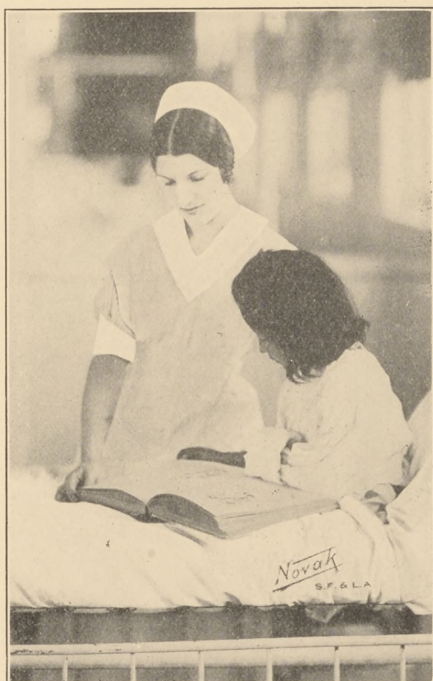
WITH APOLOGIES TO OMAR

Wake! For the Sun, who scattered into flight
The stars before him from the field of Night
Drives light along with them from Heaven, and strikes
The sleepy nurse with a shaft of light.

Before the light in the hall had died
A Voice within my doorway cried:
"When all the home is wide awake
Why lay there like a possum fake?"

And, as the bells rang, those who slept before
Now awakened, and slept no more
A dash—how little while we have to stay
A little bite—and then we have to run away—

Some sigh for the glories of roll call
And others for the meal that's gone
Ah! go and eat at eating time
And heed the rumble of a distant gong.



An April Fool's Joke

Ward "T" one night was wild as—well,
Old Broadway gay with light.
The nurse was stepping firm and fast
To get work out of sight.

At 10 P. M. a message came
Upon the telephone:
Warm bed, a drip, a stomach pump.
It almost made me groan.

"A poison case," the doctor said,
That needed lots of care,
And from the orders he gave out
The M. D. did his share.

Oh, New York's slums and Frisco's bums
Had nothing on this vixen.
The horrid interne, all too well,
Knew how to do the fixin'.

Oh, such a creature, weird and wild,
Wrapped with greatest care;
A matted mass of tangled brush,
And that the woman's hair.

So tenderly they laid her down
Upon the snow-white bed,
And, all fussed up, I flew about,
But feared that she was dead.

Poor Pete to help got Seeburt out,
Away from H. P. Hill,
And all the devilish steward knew
"She took bichloride pill."

The patient moaned, and groaned, and tossed
Her freight upon the floor;
And, pale with fright at this seance,
I couldn't stand much more.

As bold as any brazen vamp,
She sat and peered about—
The loyal blankets did their part,
No uniform stuck out.

I trotted here, I trotted there,
In beads of perspiration.
I only wish I could have had
A hunch—an inspiration.

The brawny nurse strode in
Whence all but she had fled.
"Don't think you have us buffaloed—
Get into bed," she said.

Oh see, she smiles, the wicked wretch,
That smile, at once detected.
"Miss Holmberg!" Mabel's face grew white;
She never had suspected.

Weak of heart and weak of mind,
As dawned the realization;
And all throughout my trembling frame
I felt a queer sensation.

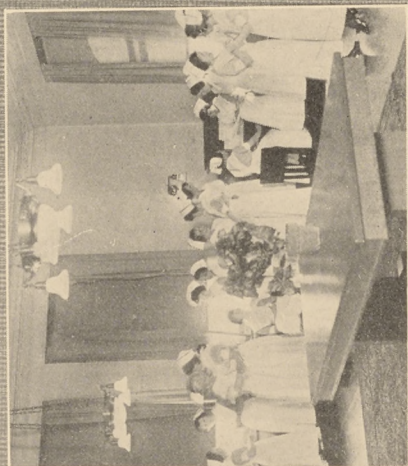
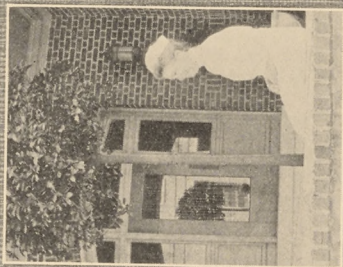
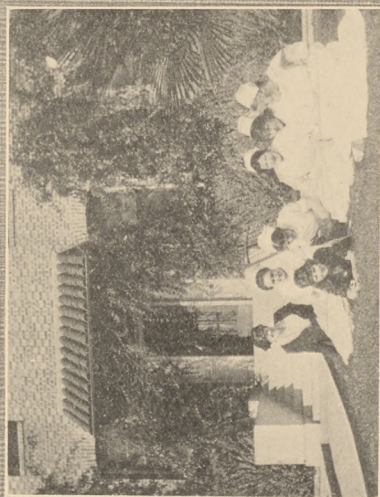
Oh, jokes may come, and jokes may go,
But none like this was ever
Pulled off before in S. F. H.
And never will be—never.

JUST TONSILS

I thought that tonsils were a joke
Until I had mine out,
I used to smile and wonder
What the fuss was all about
One day the doctor told me
My sore throat needed care
He placed the little snare.

When I woke up my head felt like
The giraffe's in the zoo
For every time I'd swallow
It would last an hour or two.
I couldn't sleep, I couldn't eat
I wished that I were dead;
I lost my patience and ten pounds
And spent a week in bed.

—Contributed by C. B. Tyler '22.



ABOUT THE HOSPITAL



GOOD IDEA, BUT—

Dr. Finney Bennet: "Define the word pediatrics."

Celia Haley: "The study and care of the feet."

NATURALLY

Miss Ellsworth (slyly): "Say Miss Ferenz, in what part of the body is the glossary found?"

Miss Ferenz: "Why—er—its in the arm, isn't it?"

Miss Ellsworth (sweetly) "You might try the back of the anatomy."

HOW CRUEL

Miss Sawyer: "You know the only muscle that sticks in my head is the glutinus maximus."

Miss Knowles: (severely) "Well, that isn't where it belongs."

SLANG ? ? ?

Dr. Taylor noticing Miss Langland's extremely ruddy complexion: "You seem to have a hectic flush today!"

Young Prob. in the background, giggling: "Oh, gee, Dr. Taylor told Miss Langland she had a 'heck of a flush'".

ZATSO ? ?

Dr. Sheehy: "Miss Dillon, what is metabolism?"

Miss Dillon (surprised) "Why that is excessive use of drugs containing metal."

IN ANATOMY CLASS

Miss Knowles: "Miss Soutter, what is characteristic of all joints?"

Miss Soutter: "Why, the doors all swing both ways."

A BIT TOO SEVERE

Dr. Larson says he can never get a surgical cap to fit him. (But we don't make any square ones.)

OH GRACIOUS ! !

"Did you know that Miss Christian was nearly drowned in the bay last night?"

"Why no, how did that happen?"

"She tried to answer the green light on the starboard side of the Ferry boat."

June 15th—Vacations began.
June 22nd—Four Students left for Asilomar.
June 29th—Mother Leo began a series of talks to the nurses.

Micky McKenna: (to new orderly) "Please be sure that all the PRNs are dry before going off duty."

Orderly: "Sure I will. Will I find them in the dryer, mam?"

Dr. Frandy: "I dreamed last night that I proposed to a beautiful girl."

Miss Allen: "And what did I say?"

Miss Joninon: "Did you mop the floor in surgery six, as I told you?"

Miss Johnston: "No"

Miss Joninon: "No—what?"

Miss Johnston: "No mop."

(Name withheld) "I don't think I deserve zero in this drugs and solutions ex."

Miss Knowles: "I don't either but it's the lowest I can give you!"

Dr. Barton: (dancing with a sweet young nurse) "I could just die dancing with you."

Nurse (breathlessly) "Well I am."

Norma Shell interrupting a group of Seniors cramming for pediatrics ex.

Dale Tilden: "Get out of here Norma, we're trying to study."

Norma Shell: (noisily) "Aw, that stuff just goes in one ear and out the other, with me."

Dale Tilden: "Well, I don't see as there's anything to stop it!"

"What's all the excitement?"

"Mary's running she sees Dr. Schulze coming ! ! ! ! ? ? ? ?"

A FEW THINGS YOU HEAR IN THE NURSES HOME

"Who're you calling?"

"Honey girl go to your room, it's ten o'clock."

"Who's got a curling iron?" (repeat if necessary.)

"Why don't I hear from home?"

"You just had a phone call"

"Quarter of six kid—time to get up."

July 17th—We learn the joys of the "Y" swimming tank.
Aug. 26th—Reception for Dr. Northington.
Sept. 1st—Lectures and class-work began.

- Sept. 15th—Mrs. Stehley Close, Recreation Director of the Y. W. C. A.
organized the gymnasium class.
Sept. 22nd—Miss Bradford of the Red Cross gave a stirring talk on
Florence Nightingale.
-

OVERHEARD IN THE LOBBY

- Night duty: "Sleeping enough now?"
Day duty: "Yes, I have quite a number of classes now."
Jo Ortez: "Mother dear, I want to see an awfully good show tonight."
Mother K.: "How many late passes have you had this week?"
A synonym for dignity is nursing sister—Selma Lee.
Miss Ferenz looking dejectedly at a bunch of rubber gloves she has just
washed.
"Gee thats funny I've got eight gloves here but they're all for the same
hand."
Dr. Kistler to dietitian: "The internes are complaining about the beans."
Dietitian: "Why what's the matter with the beans?"
Dr. Kistler: "Too old; the internes claim they are 'has-beens'."
-

CAN YOU IMAGINE?

- Miss Kipp sauntering up the hall?
Mother Kammerer not making ten o'clock rounds?
Dr. Farrington not taking his afternoon nap?
Miss Smith chummy with student nurses?
Dr. Pardoe playing football?
Having some one say "Be quiet, the night nurses are sleeping?"
Dr. Thompson flirting with the nurses?
Clara Cook's hair frizzed?
Dr. Cooper not having an emergency call on Sunday?
Mildred Phillips' skirts eight inches from the floor?
Bess Woolley not pulling a boner at a dance?
Frances Shaw being out of the game?
Dale Tilden sitting for five minutes without talking?
Don't blame you
Neither can we!
-

GIFT SUGGESTIONS FOR FRIENDS OF THE '22 CLASS

- A reliable self-winding alarm clock for Norma Schell.
A book on bichloride poisoning for Mrs. Maupin.
Tea and more tea for Nora Lane.
-

- Oct. 7th—Dr. Thomas Maher lectured on School Inspection.
Oct. 14th—Dr. Muller lectured on Communicable Disease and Quarantine.
Oct. 28th—Dr. Adelaide Brown lectured on Milk Inspection.
Oct. 31st—The 1921 Class gave a Masquerade Dance.

Nov. 15th—Miss Patty Chickering gave an illuminating talk on Nursing Conditions in Poland.

Nov. 22nd—Dr. Adelaide Brown lectured on the work of the San Francisco Tuberculosis Association.

A TIME-SAVING LETTER TO THE HOME FOLKS

S. F. H. 5-12-21.

Dear Folks:

Thot it about time I was writing a line home, to tell you that q. thing is O. K. Been having a time c. my exs. gym., & studies, (To say nothing of wd. work). The girls here are all A1. — I shall hate to leave them, even if I do look at the calendar q. da. & count the days. Am on noc. duty rt. now, but expect to go to the O. R. soon.

Have no more time to write, so will D. C. this stat.

Write soon,

Your D. D.

DEFINITIONS

Esophagus: that part of the Alimentary Canal that lies between pleasure and business.

Villi: a Mexican bandit.

Temporal Artery: that part of the circulatory system governing actions of temperance.

Gastrocnemius Muscle: has something to do with the stomach in sleep.

“When the roll is called up yonder, I’ll be there,” she quoth as she ran down the hall buttoning her apron.

Did You Ever?—

Oversleep?

Go to breakfast after roll call?

Work in ward “O”?

Cut a class?

Come in at 12:05?

Visit in the wards?

Leave your bed unmade?

Pick flowers in the garden?

And get by with it?

NEITHER DID WE! !

Dec. 23rd—Two one act plays and a dance given by the students.

Jan. 1st—Student Nurses assist at the Central Mission Emergencies.

Feb. 2nd—Miss Edith Bryan of the University of California addressed the nurses on Public Health and Social Service.

Ambitious Dreams Realized





Beatrice Snarefax Corner



Dear Bea:

I am a young and handsome interne, with plenty of money, talent and everything that should make me happy, but I am not; for all the nurses in the hospital are in love with me and I cannot be partial to one without hurting the others. What shall I do?

H. VAN H.

Dear Doc:

You might try leaving the hospital for awhile. Perhaps they'll forget you.
Beatrice.

Dear Miss Snarefax:

I am a quiet, in fact, prim young lady, but unfortunately have one too many lovers. How can I dispose of same?

C. C.

Dear Friend:

Perhaps if you introduce him to some of your friends they will help you.
Beatrice.

Dear Miss Snarefax:

I am a young woman of exceptional abilities, but what worries me is worry—if not my health, my fat, if not that, my work, or lack of work, and even a probationer has been placed on my already overburdened shoulders. What shall I do?

M. V. W.

My dear young woman:

Reduce everything and take Tanlac. Perhaps if your worries were smaller, you might enjoy them more—but you are young.

Beatrice.

Doctor: "You coughed more easily this morning, didn't you?"

Patient: "Well, I ought to, I practiced all night."

Old Grad: "Which part of your training did you consider the hardest?"

New Grad: "Oh the first three years."

Interested Visitor: "What are you going to do when you graduate?"

Junior: "Oh, I'm going to take a P. G. in surgery!"

Intermediate: "I'm going to take a position as supervisor."

Senior: "Well, I'm going to take a vacation."

Miss Knowles: "What is the function of the skin?"

Nurse: "To prevent that unearthly appearance a body would have without it."

PROBATIONER'S ADVICE.

I'm not much on philosophy, I don't know the Nurses' Creed,
I don't know the meanin' of the books Miss Knowles reads;
I don't know the metric system, my printing isn't good;
I know I say a lot of things the Seniors never would.
But this is my experience, and so I pass it on:
The time to be a-workin' is when your Senior's lookin' on.

I don't talk of ethics, an' I wouldn't if I could;
I know I couldn't draw the line between what's bad an' good.
I've had to plod through Trainin' and learn from other girls,
An' so I've done a lot of things that aren't quite up to quirls.
But this I've found along the way, an' so I pass it on:
The time to scrub your hardest is when your Senior's lookin' on.

A—is for Avis with plenty of pep
B—is for Bess not afraid of her rep
C—is for Clara quite slim and pretty
D—is for Dale who we all know is witty
E—is for Ethel tall but not thin
F—is for Fergie so fond of a him
G—is for Gussie so calm and philosophic
H—is for Hamby with plenty of logic (?)
I—is for Illie the ambitious nurse
J—is for Johnnie for better or worse
K—is for kitten Bess Woolley will do
L—is for Lake the men she doth woo
M—is for Mary, one—two and three.
N—is for new the pins and uniforms see
O—is for Ortez the peppery Mex
P—is for Polly, whom 'tis easy to vex
Q—is for queening never found here
R—is for Rosie who is thro her third year
S—is for Stella with Junoesque form
T—is for Tillie who never has sworn
U—is for Una a graduate now
V—is for Venus ask Marie how
W—is for Wilbur a domesticated nurse
X—reserve for Ferdinand his cries we do curse
Y—is for Yucker, men she never hugs
Z—is for Zero the mark of Solution and Drugs
This little rhyme should cause no surprise
For all here listed are wondrous wise.

For the Cordial Cooperation and friendly assistance of these
Supervisors and City Officials we extend our thanks.

Supervisor Ralph McLauren

Supervisor James McSheehy

Supervisor Wm. Scott

Supervisor Charles Nelson

Supervisor Warren Shannon

Supervisor James Power

Sheriff Thomas Finn

Tax Collector Ed. E. Bryant

Michael Lawley

Justice Hall Clerk Mr. Dennis

—and—

Our Always Generous Benefactor and Friend

the Health Officer

Wm. C. Hassler

In Appreciation

The first edition of The Cap and Seal is ready for the press and a sigh of relief is echoed around the Nurses Home. It has been a pleasant task, however, and we owe much to those whose valuable assistance and good will made this journal possible.

The Managers and Editors wish first of all to thank Miss Susan G. Parish and Miss Caroline Knowles for their many and helpful suggestions and the Board of Health and Board of Supervisors for their friendly and financial co-operation.

Mr. Shannon of Shannon and Conmy Printing Co. and Mr. I. V. O'Connor of Dregge and Farnum, Engravers, by herculean efforts made possible the publishing of this book. We also wish to thank the 1923 class for loaning us Miss Ellsworth who is responsible for the cover design.

Mar. 2nd—The San Francisco County Association was entertained by the students.

Eat Fleischmann's Yeast

This simple food, with its wonderful life-giving vitamine principle, works a health miracle if taken daily.

THOUSANDS OF PEOPLE NOW DEPEND UPON
Fleischmann's Yeast

TO KEEP THEM IN THE BLOOM OF HEALTH.

FLEISCHMANN'S YEAST stimulates appetite and promotes good digestion; puts pep into you when you have that draggy, "run down" feeling; clears the complexion; is effective in treatment of carbuncles, boils, skin eruptions.

Popular ways to take—

Two or three cakes
daily, plain or dis-
solved in water,
milk or fruit
juices.

Learn all about
it in our booklet,
"The New Impor-
tance of Yeast in
Diet."

THE FLEISCHMANN COMPANY
SAN FRANCISCO

F. SOARES
Pres.

F. SEAMAS
Vice-Pres.

San Francisco Dairy Co.

WHOLESALE AND RETAIL
Milk and Cream

1553 TURK STREET
Branch: 1300 POLK STREET

Private Exchange
WEST-SIX-ONE-ONE-O

New Mission

THEATER BEAUTIFUL

For Your Rest and
Recreation Hour

Hear
Waldemar Linds Wonderful Orchestra

Mar. 17th—A dance was given by the Senior students.
Apr. 15th—A tea was given by Miss Parish in honor of the Seniors.

May 20th—Students assist in entertaining a group of High School students at the home of Mrs. James Walkins.

Doctors and Nurses Outfitting Co.

A. S. W. GRUNDY

Designers and makers of all kinds of
Doctors and Dentists Jackets, Smocks and Gowns
Nurses Complete Outfits, Etc.

San Francisco Office and Factory
970 Sutter Street
Phone Franklin 8338

2213 Broadway
Oakland, Cal.
Phone Oakland, 1902

1835 Merced Street
Fresno, Cal.

944 Hyde St.
San Francisco, Cal.
Phone Franklin 3946

San Francisco, Calif., May 18, 1921.

DOCTORS, NURSES AND STUDENTS,

San Francisco Hospital:

Appreciating the value and interest of this little book, we want to express here our thanks to you for the cooperation you have extended us in our business relations with the hospital. We shall endeavor to justify this confidence to our mutual advantage at all times.

Our business is to serve you efficiently, and with this in mind we welcome at all times any suggestions that will enable us to further improve this service.

Referring to our Garments, permit us to say it is our slogan "**To produce good, sound merchandise at a reasonable price.**" We therefore only use high grade materials of known durability, and character. We never buy cheap or second grade merchandise and the growth of our business has justified this policy.

Our Garments are all made in California and we rely on your GOOD WILL alone for its continued success.

Besides the Official Uniforms, Smocks and Aprons, we design and make all kinds of House Dresses and Aprons in materials which you may select from our large and varied stock. These Garments can be purchased made to your measure or from the ready-made stock.

Assuring you always of our best endeavors, we are,

Yours very truly,

DOCTORS & NURSES OUTFITTING CO.

By A. S. W. Grundy.

Makers of Official Uniforms for
University of California, Saint Francis, San Francisco, Mount Zion, French,
Fairmont, Childrens, Fabiola, Hahenman Hospitals, etc.

Doctors and Nurses Outfitting Co.

May 24th—"Weinie roast" at China Beach, given by the Alumnae for the Class of 1921.

May 27th—Student Nurses "Stunt Night" at the Y. W. C. A.

FUR COATS

SUITS, DRESSES

Phone Mission 6230

The Parisian

2702 MISSION STREET

AT TWENTY-THIRD

WAISTS, GOWNS

SKIRTS, PETTICOATS

J. F. Shepard, Prop.

The House of Exclusive Style and
Courteous Service

Geo. Novak
833 MARKET ST.
SAN FRANCISCO
627 SO. BROADWAY, LOSANGELES

June 2nd—Students from other nursing schools and high schools entertained by the San Francisco students.

Travers Surgical Co.

372 Sutter Street Phone Sutter 4651
San Francisco Cal.

SURGICAL INSTRUMENTS

HOSPITAL SUPPLIES

SPECIAL DISCOUNT TO NURSES

The Mission's Leading Jewelers



MISSION STREET, at 23rd

SAN FRANCISCO, CAL.

Walters Surgical Company

Phone Douglas 4017

SURGICAL INSTRUMENTS

HOSPITAL SUPPLIES

Special Discount to Nurses

441 Sutter Street

San Francisco, Cal.

June 4th—The Class of 1922 gave a dance for the Class of 1921.
June 14th—Commencement.

Established 1853 Inc. 1888
Capital Stock \$150,000.00
Phone Market 230

THE F. THOMAS
Parisian Dyeing and Cleaning
Works

Modern Plant, Up to date methods
Fine Work. Quick Delivery

BRANCHES

135 Powell St., 266 Sutter St.,
1188 McAllister
1453 Polk St.

167 2nd Ave., San Mateo
Palo Alto, San Jose

2014 Telegraph Ave., Oakland

Largest Dyeing and Cleaning Works on
the Pacific Coast

21 to 27 to 43 TENTH STREET
Between Market and Mission
San Francisco, Cal.

New York London Paris

A TREATMENT FOR THE SCALP
AND HAIR. Scientifically correct, cos-
metically perfect, established and con-
ducted by American Hospital Nurses,
unqualifiedly endorsed and used by
eminent physicians.

THE
FRANCES FOX INSTITUTE

For the Scientific Care of the Hair

Suite 506 Crocker Bldg.

Phone Sutter 5118

At Market and Post Sts., San Francisco

W. F. Schimpferman A. J. Rickey

CITY ROUGH DRY
LAUNDRY

PARK 6432

1672 15th Street
San Francisco, Cal.

J. H. RIPPE

GROCERIES

24th and Bryant

COMPLIMENTS OF

JERRY O'LEARY

WITH

PHILADELPHIA SHOE CO.

SMITH, LYNDEN & CO.

BUTTER—EGGS—CHEESE

231-239 DAVIS ST.

ADAMS EMERGENCY
STORE

OPPOSITE

S. F. HOSPITAL

BEFORE PURCHASING ELSEWHERE
VISIT

LIPPMAN BROS. Inc.

DEPARTMENT STORE

Mission at 24th Street

CALIFORNIA MEAT CO.

WHOLESALE and JOBBERS

PHONES

Sutter 4840, Sutter 4841

572-576 CLAY ST.

